

Healthy Communities

HEALTH AND WELLNESS AT THE LIBRARY

Learning Objectives

- Evaluate the quality of online health information
- Recall and locate at least one National Library of Medicine health resource
- Identify, select, and provide appropriate health information for patrons
- Develop ideas to create health related programs and services

Who we are

**Health
Resources**

**Health
Information
Evaluation**

**Health
Reference**

Implementation

**Professional
Development**

Who We Are

NIH

- **National Institutes of Health**
- Nation's research agency
- 27 institutes and offices

NLM

- **National Library of Medicine**
- World's largest biomedical library

NNLM

- **National Network of Libraries of Medicine**
- Program of the NLM comprised of 8 Regional Medical Libraries (RMLs) and 5 offices

PNR

- **Pacific Northwest Region (NNLM PNR)**
- Is one of the 8 RMLs
- Serves Alaska, Idaho, Montana, Oregon, Washington

Public Libraries

LINKING SOCIAL SERVICES & HEALTH

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HEALTH AFFAIRS 35,
NO. 11 (2016): 2030-2036
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The People-to-People Health
Foundation, Inc.

By Anna U. Morgan, Roxanne Dupuis, Bernadette D'Alonzo, Andria Johnson, Amy Graves, Kiahana L. Brooks, Autumn McClintock, Heather Klusaritz, Hillary Bogner, Judith A. Long, David Grande, and Carolyn C. Cannuscio

Beyond Books: Public Libraries As Partners For Population Health

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ABSTRACT Public libraries are not usually included in discussions about improving population health. They are, however, well positioned to be partners in building a culture of health through programming that addresses the social determinants of health. The Healthy Library Initiative, a partnership between the University of Pennsylvania and the Free Library of Philadelphia (the public library system that serves the city), has undertaken such efforts in Philadelphia. In this article we report findings from an assessment of how ten highly subscribed programs address the social determinants of health, as well as results of interviews with community residents and library staff. Of the 5.8 million in-person Free Library visits in 2015, 500,000 included attendance at specialized programs that addressed multiple health determinants, such as housing and literacy. Library staff provided intensive support to vulnerable populations including homeless people, people with mental illness and substance use, recent immigrants, and children and families suffering from trauma. We found that public libraries are trusted institutions that have broad population reach and untapped potential to improve population health.

- Universally supported (almost)
- Are essential to community well-being
- Play a critical role in promoting child and adult literacy
- Sources of consumer health information

The TACO CLEANS

THE TORTILLA-BASED DIET PROVEN TO

Newswe

Wed, Aug 29, 2018

U.S. | World | Business | Tech & Science | Culture | Sports

HEALTH

CARDIOLOGIST ON NATIONAL TACO DAY: EATING ONLY TACOS IS GOOD FOR YOU

BY MELISSA MATTHEWS ON 10/4/17 AT 10:05 AM

SHOP BEAUTY FOOD STYLE TRAVEL WELLNESS WORK

goop

Search

WEARABLE STICKERS THAT PROMOTE HEALING...

THE ILLUSION OF BEAUTY

A 14-YEAR-OLD TEACHES MINDFULNESS TO KIDS ACROSS...

THE LONELINESS EPIDEMIC + OTHER STORIES

Fluoride: Poison on Tap

6.1K Shares [f](#) [t](#) [p](#) [e](#) [s](#) [s](#) | October 14, 2017

[< Previous](#) [Next >](#)

A Glass Of Red Wine Is The Equivalent To An Hour At The Gym, Says Study

UPDATE: Drinking red wine could help burn fat, says new study



YAHOO!

Search

Search

Sig

National Vodka Day: Why Drinking Vodka May Be Healthier Than A Glass Of Wine

Lizette Borrelli, Newsweek · October 4, 2017

Not all drinks are created equal. And National Vodka Day is a good time to take a closer look at this staple of every corner bar.

Vodka may have some virtues. Clear liquor contains fewer congeners, compounds besides alcohol produced during fermentation and may contribute to the severity of hangovers. Many drinkers look to vodka as a lower calorie option that could be healthier than drinking "antioxidant-rich" red wine.

Vanessa Risetto, a registered dietitian and nutritionist in Hoboken, New Jersey, says that vodka may be healthier than wine. "If you want antioxidant benefits [from wine], you'd have to take in a lot of

Related Searches

[Best Vodka](#)

[National Vodka Day](#)

[Vodka Drinks](#)

The Best All Elect

Search now

Popular in the Community

Consumer Health Questions

- “My mom is starting to forget things but how do I know if it’s Alzheimer’s?”
- “Why did my doctor put me on Prozac?”
- “I want to find more about that diet thing Dr. Oz talked about the other day.”
- “I just found out my son may have Marfan syndrome. Do you have a book about it?”
- “My 23andMe test said I could get breast cancer, what do I do now?”

Google results

179,000,000 results

Google search results for "autism". The search bar shows "autism" and the results indicate "About 179,000,000 results (0.44 seconds)".

What Is Autism? | Autism Speaks
<https://www.autismspeaks.org/what-autism>
 Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences.
 Symptoms · What is Autism · What causes autism? · How Is Autism Treated?

People also ask

- What are the early signs of autism?
- What are the 5 different types of autism?
- What are the behaviors of autism?
- What is the main cause of autism?

Autism Speaks: Home
<https://www.autismspeaks.org/>
 For Autism Speaks, 2017 was a pivotal year of progress toward fulfilling our mission objectives and strategic roadmap, which are dedicated to promoting ...

Symptoms | What is Autism? | Autism Speaks
<https://www.autismspeaks.org/what-autism/symptoms>
 Autism spectrum disorders (ASD) are characterized by social-interaction difficulties, communication challenges and a tendency to engage in repetitive behaviors. However, symptoms and their severity vary widely across these three core areas.
 Treatment · New Autism Speaks Sleep ... · What Treatments are Available ...

Autism Society: Home
www.autism-society.org/
 The Autism Society, the nation's leading grassroots autism organization, exists to improve the lives of all affected by autism. We do this by increasing public ...

Autism - Wikipedia
<https://en.wikipedia.org/wiki/Autism>
 Autism is a developmental disorder characterized by troubles with social interaction and communication and by restricted and repetitive behavior. Parents usually notice signs in the first two or three years of their child's life.
 Causes: Genetic and environmental factors Treatment: Early speech and behavioral interv...

Autism
 Also called: autism spectrum disorder

ABOUT SYMPTOMS TREATMENTS

Impaired communication and social interaction

A serious developmental disorder that impairs the ability to communicate and interact.

Common
 More than 200,000 US cases per year

- Treatment can help, but this condition can't be cured
- Chronic: can last for years or be lifelong
- Requires a medical diagnosis
- Lab tests or imaging rarely required

Autism spectrum disorder impacts the nervous system.
 The range and severity of symptoms can vary widely. Common symptoms include difficulty with communication, difficulty with social interactions, obsessive interests, and repetitive behaviors.
 Early recognition, as well as behavioral, educational, and family therapies may reduce symptoms and support development and learning.

MedlinePlus results

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search: autism GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools

Home → Search Results

748 results

Results 1 - 10 of 1,060 for **autism**

Related Topics

- Autism Spectrum Disorder
- Mitochondrial Diseases

Refine by Type

All Results (1,757)

- Health Topics (6)
- External Health Links (966)
- Drugs and Supplements (7)
- Medical Encyclopedia (24)
- MedlinePlus Magazine (8)
- Multiple Languages (4)
- National Institutes of Health (694)

Refine by Format

All Results (1,757)

- PDF (23)
- Images
- Videos (5)

- Autism Spectrum Disorder** (National Library of Medicine)
Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts ...
<https://medlineplus.gov/autismspectrumdisorder.html> - Health Topics
- Autism spectrum disorder**
Autism, Autistic disorder, Asperger syndrome; Childhood disintegrative disorder; Pervasive developmental disorder ... to better diagnosis and newer definitions of ASD. Autism spectrum disorder now includes syndromes that used to ...
<https://medlineplus.gov/ency/article/001526.htm> - Medical Encyclopedia
- Learning about Autism** NIH (National Human Genome Research Institute)
Skip to main content Learning About Autism Enter Search Term(s): Español Research Funding An Overview Bioinformatics Current Grants Education and Training Funding Extramural Research News Features Funding Divisions Funding ...
<https://www.genome.gov/25522099> - External Health Links
- Autism - resources**
Resources - autism ... These organizations are good sources of information on autism : Association for Science in Autism Treatment - www.asatonline. ...
<https://medlineplus.gov/ency/article/002163.htm> - Medical Encyclopedia
- Autism Society** (Autism Society)
... Español Improving the lives of all affected by autism. The Autism Society is the nation's leading grassroots ... more Improving the lives of all affected by autism. The Autism Society is the nation's leading grassroots ...
www.autism-society.org - Other Resources
- Autism** (Nemours Foundation)
... School Counselors Kidney Stones Brain and Nervous System Autism KidsHealth > For Teens > Autism Print A A A ... it? And can it be treated? What Is Autism? Autism is a word that refers to a ...
<https://kidshealth.org/en/teens/autism.html> - External Health Links
- Kids' Quest: Autism** (Centers for Disease Control and Prevention)
... I Have Information For... Parents / Educators What is autism and how do I recognize a kid who might be diagnosed as having an autism spectrum disorder? Recommend on

U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Autism Spectrum Disorder

Autism Spectrum Disorder
Also called: ASD, Pervasive developmental disorder (PDD)

On this page

Basics <ul style="list-style-type: none"> Summary Start Here Symptoms Diagnosis and Tests Treatments and Therapies 	Learn More <ul style="list-style-type: none"> Living With Related Issues Specifics Genetics 	See, Play and Learn <ul style="list-style-type: none"> Health Check Tools
Research <ul style="list-style-type: none"> Statistics and Research Clinical Trials Journal Articles 	Resources <ul style="list-style-type: none"> Find an Expert 	For You <ul style="list-style-type: none"> Children Teenagers Patient Handouts

Summary

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It includes what used to be known as Asperger syndrome and pervasive developmental disorders.

It is called a "spectrum" disorder because people with ASD can have a range of symptoms. People with ASD might have problems talking with you, or they might not look you in the eye when you talk to them.

signs of ASD, your child will have a comprehensive evaluation. It may include a team of specialists, doing various tests and evaluations to make a diagnosis.

The causes of ASD are not known. Research suggests that both genes and environment play important

MEDICAL ENCYCLOPEDIA

- Asperger syndrome
- Autism
- Childhood disintegrative disorder

Related Health Topics

- Child Behavior Disorders

The screenshot shows the MedlinePlus website with the following elements highlighted:

- Top Navigation:** The "Español" link in the top right navigation bar is circled in red.
- Left Sidebar:** A large red box encompasses the "Health Topics", "Drugs & Supplements", and "Videos & Tools" sections. Below these, "Lab Test Information" and "Medical Encyclopedia" are also visible.
- Main Content Area:**
 - A red box highlights the "Tweets by @MedlinePlus" section, which includes a tweet about food safety.
 - Another red box highlights the "NIH MedlinePlus Magazine" section, featuring a cover image and a link to the latest issue.
 - A third red box highlights the "Clinical Trials" section, which includes a link to search ClinicalTrials.gov.
- Bottom Navigation:** Three red arrows point to the "Easy-to-Read Materials", "Organizations and Directories", and "Health Information in Multiple Languages" links at the bottom.

- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia
- Links to local services
- English, Spanish and other languages
- No Advertisements!

MedlinePlus

<https://medlineplus.gov/>

MedlinePlus- health topic search

[Home](#) → [Health Topics](#)

Health Topics



Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [XYZ](#) [List of All Topics](#)

Body Location/Systems

- [Blood, Heart and Circulation](#)
- [Bones, Joints and Muscles](#)
- [Brain and Nerves](#)
- [Digestive System](#)
- [Ear, Nose and Throat](#)
- [Endocrine System](#)
- [Eyes and Vision](#)
- [Immune System](#)
- [Kidneys and Urinary System](#)
- [Lungs and Breathing](#)
- [Mouth and Teeth](#)
- [Skin, Hair and Nails](#)
- [Female Reproductive System](#)
- [Male Reproductive System](#)

Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)
- [Poisoning, Toxicology, Environmental Health](#)
- [Pregnancy and Reproduction](#)
- [Substance Abuse Problems](#)

Diagnosis and Therapy

- [Complementary and Alternative Therapies](#)
- [Diagnostic Tests](#)
- [Drug Therapy](#)
- [Surgery and Rehabilitation](#)
- [Symptoms](#)
- [Transplantation and Donation](#)

Demographic Groups

- [Children and Teenagers](#)
- [Men](#)
- [Population Groups](#)
- [Seniors](#)
- [Women](#)

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)
- [Personal Health Issues](#)
- [Safety Issues](#)
- [Sexual Health Issues](#)
- [Social/Family Issues](#)
- [Wellness and Lifestyle](#)


[Home](#) → [Health Topics](#) → [Mental Health and Behavior](#)

Mental Health and Behavior



- [ADD see Attention Deficit Hyperactivity Disorder](#)
- [ADHD see Attention Deficit Hyperactivity Disorder](#)
- [Adolescent Development see Teen Development](#)
- [Agoraphobia see Phobias](#)
- [Alzheimer's Disease](#)
- [Amnesia see Memory](#)
- [Anorexia Nervosa see Eating Disorders](#)
- [Antidepressants](#)
- [Antisocial Personality Disorder see Personality Disorders](#)
- [Anxiety](#)
- [Asperger Syndrome see Autism Spectrum Disorder](#)
- [Attention Deficit Hyperactivity Disorder](#)
- [Autism see Autism Spectrum Disorder](#)
- [Autism Spectrum Disorder](#)
- [Baby Blues see Postpartum Depression](#)
- [Bereavement](#)
- [Bi-polar Disorder see Bipolar Disorder](#)
- [Binge Eating see Eating Disorders](#)
- [Bipolar Disorder](#)
- [Borderline Personality Disorder see Personality Disorders](#)
- [Bulimia see Eating Disorders](#)
- [Cancer--Living with Cancer](#)
- [Child Behavior Disorders](#)
- [Child Mental Health](#)
- [Chronic Illness, Coping see Coping with Chronic Illness](#)
- [Compulsive Gambling](#)
- [Conduct Disorder see Child Behavior Disorders](#)
- [Coping with Chronic Illness](#)

MedlinePlus- health topic page



Trusted Health Information for You

[Health Topics](#)
[Drugs & Supplements](#)
[Videos & Tools](#)

[Home](#) → [Health Topics](#) → [Teen Mental Health](#)

Teen Mental Health

On this page

Basics

- Summary
- Start Here
- Diagnosis and Tests
- Treatments and Therapies

Learn More

- Related Issues
- Specifics

See, Play and Learn

- Health Check Tools

Research

- Statistics and Research
- Clinical Trials
- Journal Articles

Resources

- Find an Expert

For You

- Teenagers
- Patient Handouts

Summary

Being a teenager is hard. You're under stress to be liked, do well in school, get along with your family and make big decisions. You can't avoid most of these pressures, and worrying about them is normal. But feeling very sad, hopeless or worthless could be warning signs of a mental health problem.

Mental health problems are real, painful, and sometimes severe. You might need help if you have the signs mentioned above, or if you

- Often feel very angry or very worried
- Feel grief for a long time after a loss or death
- Think your mind is controlled or out of control
- Use alcohol or drugs
- Exercise, diet and/or binge-eat obsessively
- Hurt other people or destroy property
- Do reckless things that could harm you or others
- Feel depressed (sad and hopeless)

Mental health problems can be treated. To find help, talk to your parents, school counselor, or health care provider.

Start Here

- [Child and Adolescent Mental Health](#) (National Institute of Mental Health)

- [Mental Health Conditions](#) (Department of Health and Human Services, Office on Women's Health)
- [Understanding Your Teen's Emotional Health](#) (American Academy of Family Physicians)
Also in Spanish

Diagnosis and Tests

- [Comprehensive Psychiatric Evaluation](#) (American Academy of Child and Adolescent Psychiatry)
Also in Spanish
- [Mental Health and Teens: Watch for Danger Signs](#) (American Academy of Pediatrics)
Also in Spanish

Treatments and Therapies

- [11 Questions to Ask Before Psychiatric Hospitalization of Your Child or Adolescent](#) (American Academy of Child and Adolescent Psychiatry) - PDF
Also in Spanish
- [Antidepressant Medications for Children and Adolescents: Information for Parents and Caregivers](#) (National Institute of Mental Health)
- [Antidepressants for Children and Teens](#) (Mayo Foundation for Medical Education and Research)
Also in Spanish
- [Going to a Therapist](#) (Nemours Foundation)
Also in Spanish
- [Mental Health Medications](#) (National Institute of Mental Health)
- [Psychotherapies for Children and Adolescents](#) (American Academy of Child and Adolescent Psychiatry)
Also in Spanish
- [Residential Treatment Programs](#) (American Academy of Child and Adolescent Psychiatry)

Related Issues

- [BAM! Guide to Getting Along](#) (Centers for Disease Control and Prevention)
- [Coping with Cliques](#) (Nemours Foundation)
Also in Spanish
- [Dealing with a Health Condition](#) (Nemours Foundation)
Also in Spanish
- [Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can Do](#) (National Institute of Mental Health) **Easy-to-Read**
Also in Spanish
- [How Can I Deal with My Anger](#) (Nemours Foundation)
Also in Spanish
- [How Can I Help a Friend Who Cuts?](#) (Nemours Foundation)
Also in Spanish
- [Partnering with Your Child's School: A Guide for Parents](#) (HSC Foundation) - PDF
- [Peer Pressure](#) (Nemours Foundation)
Also in Spanish
- [Resilience for Teens: Got Bounce?](#) (American Psychological Association)

Self-Harm

Teen Depression

Also in Spanish

- [Trichotillomania](#) (Nemours Foundation)

Health Check Tools

- [How's Your Self-Esteem? \(Quiz\)](#) (Nemours Foundation)

Statistics and Research

- [Children's Mental Health: Data & Statistics](#) (Centers for Disease Control and Prevention)
- [Combinations of Types of Mental Health Services Received in the Past Year Among Young Adults](#) (Substance Abuse and Mental Health Services Administration)
- [Heritability Maps May Hold Clues to Delayed Onset of Mental Disorders](#) (National Institute of Mental Health)
- [Psychotropic Medication Use among Adolescents: United States, 2005-2010](#) (National Center for Health Statistics)
- [Therapy Reduces Risk in Suicidal Youth](#) (National Institute of Mental Health)
- [Use of Selected Nonmedication Mental Health Services by Adolescent Boys and Girls with Serious Emotional or Behavioral Difficulties: United States, 2010-2012](#) (National Center for Health Statistics)

Clinical Trials

- [ClinicalTrials.gov: Teen Mental Health](#) (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Addressing Children's Mental Health.](#)
- [Article: The effect of Three-Circle Post Standing \(Zhanzhuang\) Qigong on the...](#)
- [Article: Examining the relationship between sports participation and youth developmental outcomes...](#)
- [Teen Mental Health -- see more articles](#)
- [Teen mental health problems -- see more articles](#)

Find an Expert


- [American Academy of Child and Adolescent Psychiatry](#)
- [Behavioral Health and Substance Abuse Treatment Services Locator](#) (Substance Abuse and Mental Health Services Administration)
- [KidsHealth](#) (Nemours Foundation)
- [National Institute of Mental Health](#)
- [National Suicide Prevention Lifeline](#) (Substance Abuse and Mental Health Services Administration)
Also in Spanish
- [Psychologist Locator](#) (American Psychological Association)


Searching MedlinePlus – search box

The screenshot shows the MedlinePlus website interface. At the top, the NIH logo and 'U.S. National Library of Medicine' text are visible. Below this is the MedlinePlus logo with the tagline 'Trusted Health Information for You'. A search bar at the top right contains the text 'teen mental health' and a green 'GO' button. Below the search bar are links for 'About MedlinePlus', 'Site Map', 'FAQs', and 'Customer Support'. A navigation bar below the search bar includes 'Health Topics', 'Drugs & Supplements', 'Videos & Tools', and a language selector for 'Español'. The main content area shows search results for 'teen mental health'. On the left, there are two sections: 'Refine by Type' and 'Refine by Format'. The 'Refine by Type' section lists categories like 'Health Topics (39)', 'External Health Links (1,435)', 'Drugs and Supplements (13)', 'Medical Encyclopedia (41)', 'MedlinePlus Magazine (6)', 'Multiple Languages (18)', and 'National Institutes of Health (316)'. The 'Refine by Format' section lists 'PDF (85)', 'Images', and 'Videos (7)'. The main results area shows a preview of the first result, 'Teen Mental Health', with a brief description and a photo of two people. Below the preview, it says 'Results 1 - 10 of 1,582 for teen mental health'. The first result is listed as '1. Teen Mental Health (National Library of Medicine)' with a brief description and a link to the full article.

(National Library of Medicine)
indicates a health topic page

MedlinePlus- videos & tools

 U.S. National Library of Medicine







Trusted Health Information for You

[About MedlinePlus](#) [Site Map](#) [FAQs](#) [Customer Support](#)


[Health Topics](#) [Drugs & Supplements](#) [Videos & Tools](#) [Español](#)

[Home](#) → [Videos & Tools](#)

Videos & Tools


   

Watch health videos on topics such as anatomy, body systems, and surgical procedures. Test your knowledge with interactive tutorials and games. Check your health with calculators and quizzes.




Health Videos

View videos of anatomy and body systems and how diseases and conditions affect them.




Surgery Videos

Find videos of operations and surgical procedures.



Health Check Tools

Check your health with interactive calculators, quizzes and questionnaires.



Games

Boost your health knowledge by playing interactive health games.

Search all Videos & Tutorials

[Understanding Medical Words Tutorial](#)

[Evaluating Health Information Tutorial](#)

[To Your Health: NLM Update Podcast](#)

MedlinePlus- videos & tools examples

NIH U.S. National Library of Medicine

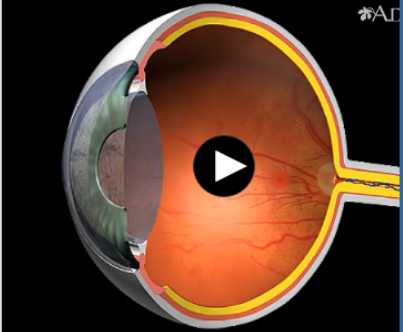
MedlinePlus
Trusted Health Information for You

Health Topics Drugs & Supplements Videos & Tools

Home → Videos & Tools → Health Videos → Macular degeneration

Macular degeneration

No audio description With audio description



For closed captioning, click the CC button in the upper right corner of the video player. Video player keyboard shortcuts

Overview

The macula is the part of the retina that distinguishes fine detail. Macular degeneration results from a partial breakdown of the choroid layer of blood vessels behind the retina. Macular vision only.

Review Date 8/15/2017

Updated by: Franklin W. Lusby, MD, ophthalmologist, Lusby reviewed by David Zieve, MD, MHA, Medical Director, Breuninger A.D.A.M. Editorial team.

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Immunization Schedules

Schedules Home CDC > Schedules Home > For Everyone: Easy-to-read Schedules

For Health Care Professionals +

For Everyone: Easy-to-read Schedules -

Infants and Children

Preteens and Teens

Adults

Display Immunization Schedules and Quiz on Your Website

Web Buttons

Past Immunization Schedules

The Adult Vaccine Quiz

Facebook Twitter Plus

What Vaccines do You need?

Adults need vaccines too! Take this quiz

Vaccines are recommended for adults based on age, health status, and travel plans. * This quiz provides information for people age 19 years and older.

Instructions:

1. Answer the questions below.
2. Get a list of vaccines you may need based on your answers.
3. Discuss the list with your doctor or health care professional.

Questions:

1. Are you
 - ☐ Male
 - ☐ Female
2. What year were you born? (some vaccines are age-related)

2000
3. Will you be traveling outside the U.S. in the near future?
 - ☐ Yes
 - ☐ No

Get Email Updates

To receive email updates about this page, enter your email address:

What's this? Submit

Related Information

Vaccines & Immunizations

Vaccines You Need as an Adult

SEARCH

Mouth Healthy™ Brought to you by the ADA American Dental Association®

Games and Quizzes

- Visit the Dentist with Marty
- To Tell the Tooth
- Print and Take a Quiz

NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

Search MedlinePlus GO

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Health Topics Drugs & Supplements Videos & Tools Español

Home → Videos and Tools → Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

- This tutorial teaches you how to evaluate the health information that you find on the Web. It is about 16 minutes long.
- You need the Flash plug-in, version 8 or above, to view it. If you do not have Flash, you will be prompted to obtain a free download of the software before you start.
- The tutorial runs automatically, but you can also use the navigation bar at the bottom of the screen to go forward, backward, pause, or start over.

Start the tutorial



Learn how you can download a version of the tutorial for use when no Internet connection is available. Read the transcript of the tutorial.

NIH- National Institutes of Health

U.S. Department of Health & Human Services

NIH National Institutes of Health
Turning Discovery Into Health

Health Information

Grants & Funding

News

Safe Sleep for Your Baby

Find out how to reduce the risk of SIDS and other sleep-related causes of infant death.

[Learn more »](#)

In the News



Acute Flaccid Myelitis (AFM)
Information on this rare disease that affects the spinal cord in children.



Periodontal Disease
Researchers identify immune cells to bone loss in gum disease.

U.S. Department of Health & Human Services

NIH National Institutes of Health
Turning Discovery Into Health

Health Information

Grants & Funding

Home

HEALTH INFORMATION

Health Information

- [Health Info Lines](#)
- [Health Services Locator](#)
- [HealthCare.gov](#)
- [NIH Clinical Research Trials and You](#)
- [Wellness Toolkits](#)
- [Talking to Your Doctor](#)
- [Science Education Resources](#)
- [Community Resources](#)
- [Clear Health A-Z](#)
- [Publications List](#)
- [MedlinePlus Health Info](#)

Newsletter

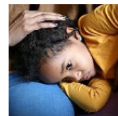
Sign up to receive the NIH Health Information newsletter and get email updates twice a month about healthy living and wellness from across NIH.

[Subscribe](#)

Search NIH Health

influenza health fitness cholesterol

Health Highlights



Prevention
Get tips



When
What



What
The impact
nicotine
substance

NIH News in Health

A monthly newsletter from the National Institutes of Health, part of the U.S. Department of Health and Human Services

Search NIH News in Health

Latest Issue

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October 2018

Managing Pain

Moving Beyond Opioids

There are many different ways to treat pain. Learn about the options beyond prescription medication.

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INSTITUTES, CENTERS, AND OFFICES

Institutes at NIH

- List of NIH Institutes, Centers, and Offices
- Directors of NIH Institutes and Centers
- NIH Institute and Center Contact Information
- NIH Office of the Director

List of NIH Institutes, Centers, and Offices



NIH Offices


NIH Office of the Director (OD)
The Office of the Director is the central office at NIH for its 27 Institutes and Centers. The OD is responsible for setting policy for NIH and for planning, managing, and coordinating the programs and activities of all the NIH components. OD program offices include the Office of AIDS Research and the Office of Research on Women's Health, among others.

NIH Institutes


National Cancer Institute (NCI) — Est. 1937
NCI leads a national effort to eliminate the suffering and death due to cancer. Through basic and clinical biomedical research and training, NCI conducts and supports research that will lead to a future in which we can prevent cancer before it starts, identify cancers that do develop at the earliest stage, eliminate cancers through innovative treatment interventions, and biologically control those cancers that we cannot eliminate so they become manageable, chronic diseases.

Quick Links

NCI	NEI	NHLBI
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NIDDK	NIDA	NIEHS
NIGMS	NIMH	NIMHD
NINDS	NINR	NLM
CC	CIT	CSR
FIC	NCATS	NCCIH
OD		


National Institute of Arthritis and Musculoskeletal and Skin Diseases


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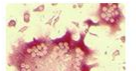


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Health Topics



Arthritis and Rheumatic Diseases
Arthritis is a type of rheumatic disease. Rheumatic diseases usually affect joints.

Resources



Portal en español
Find Spanish-language resources for conditions of bones, joints, muscles, and

Multi-lingual and Multi-cultural

MEDLINEPLUS AND OTHER RESOURCES

NIH and MedlinePlus- Spanish

NIH National Institutes of Health
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Escriba aquí el término que busca

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NIH information in Spanish <https://salud.nih.gov/>

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Las chinches se alimentan de sangre humana. ¿Cómo prevenir que aparezcan chinches de cama en tu hogar? Entérate aquí [ow.ly/trrKC30mkjSh](#)


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MedlinePlus in Spanish

MedlinePlus- multiple languages



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Health Information in Multiple Languages

Use these links to find health information in languages other than English. See our [qual](#)

Browse information in multiple languages to [health topic](#).

- Albanian (Gjuha Shqipe)
- Amharic (Amariṯṯia / አማርኛ)
- Arabic (العربية)
- Armenian (Հայերեն)
- Bengali (Bangla / বাংলা)
- Bosnian (bosanski)
- Burmese (myanma bhasa)
- Cape Verdean Creole (Kabuverdianu)
- Chinese, Simplified (Mandarin dialect) (简体中文)
- Chinese, Traditional (Cantonese dialect) (繁體中文)
- Chuucese (Trukese)
- Dari (دري)
- Dzongkha (ཇོངཀ་)
- Farsi (فارسی)
- French (français)
- German (Deutsch)
- Gujarati (ગુજરાતી)
- Haitian Creole (Kreyol ayisyen)
- Hakha Chin (Laiholh)
- Hindi (हिन्दी)



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Health Information in Armenian (Հայերեն)

Go to:
A
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J
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N

HealthReach resources will open in a new window.

B

Bacterial Infections

- Vaccine Information Statement (VIS) -- Pneumococcal Polysaccharide Vaccine: What You Need to Know - English PDF
- Vaccine Information Statement (VIS) -- Pneumococcal Polysaccharide Vaccine: What You Need to Know - Հայերեն (Armenian) PDF

Centers for Disease Control and Prevention

C

Chickenpox


- Vaccine Information Statement (VIS) -- Chickenpox Vaccine: What You Need to Know - English PDF
- Vaccine Information Statement (VIS) -- Chickenpox Vaccine: What You Need to Know - Հայերեն (Armenian) PDF

Centers for Disease Control and Prevention

Childhood Immunization

- Vaccine Information Statement (VIS) -- Your Child's First Vaccines: What You Need to Know - English PDF
- Vaccine Information Statement (VIS) -- Your Child's First Vaccines: What You Need to Know - Հայերեն (Armenian) PDF

Centers for Disease Control and Prevention



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Ջրծաղիկի պատվաստում

Ինչ պետք է իմանաք

1 Ինչու պատվաստում ստանալ

Ջրծաղիկը (որը նաև անվանում են «վարիցելա») տարածված մանկական հիվանդություն է: Այն տվորաբար ընթանում է մեղմ, սակայն կարող է նաև լինել լուրջ մահավանդ նորածինների և մեծահասակների մոտ:

- Այն առաջացնում է ցան, քոր, տեղ և հոգեանոթություն:
- Այն կարող է հանգեցնել մաշկի ծանր վարակների, սպինների, թոքաբորբի, ուղեղի զննարկների կամ մահվան:
- Ջրծաղիկի վիրուսը կարող է փոխանցվել մարդուց մարդու օդակաթիլային կամ ջրծաղիկի պատվաստով առաջացած բշտիկներից հեղուկին դիպելու ճանապարհով:
- Ջրծաղիկ տարածների մոտ տարիներ անց կարող է առաջանալ ցավոտ ցան, որն ստացել է «գոտերքին» անվանումը:
- Պատվաստանյութի մշակումից առաջ Միացյալ Նահանգներում ամեն տարի մոտ 11 000 մարդ ջրծաղիկի պատվաստով հոսպիտալացվում էր:
- Պատվաստանյութի մշակումից առաջ Միացյալ Նահանգներում ամեն տարի ջրծաղիկից մահանում էր մոտ 100 մարդ:

Ջրծաղիկի պատվաստանյութը կարող է կանխարգելել հիվանդությունը:

Ջրծաղիկի դեմ պատվաստում ստացած մարդկանց մեծամասնությունը ջրծաղիկով չի հիվանդանում: Սակայն, եթե ջրծաղիկի դեմ պատվաստում ստացած մարդը հիվանդանալով, ապա հիվանդության ընթացքը մեղմ կլինի: Այս մարդկանց մոտ այդքան շատ բշտիկ չի առաջանում, նրանց մոտ ավելի հազվադեպ է բարձրանում ջերմությունը, նրանք ավելի արագ են ապաքինվում:

2 Ո՞վ պետք է ստանա ջրծաղիկի դեմ պատվաստում և ե՞րբ

Պատվաստվելու պատվաստումը պետք է ստանալ 1-ին դեղաչափը՝ 12-15 ամսեկանում (կարելի է պատվաստել ավելի շուտ 1-ին դեղաչափից առնվազն 3 ամիս անց):

13 տարեկան և ավելի մեծ տարիքի անձինք (ովքեր ջրծաղիկ երբեք չեն տարել կամ երբեք պատվաստված չեն եղել ջրծաղիկի դեմ) պետք է ստանան երկու դեղաչափ՝ առնվազն 28 օր տարբերությամբ:

Varicella VIS - Armenian (3/13/08)

VACCINE INFORMATION STATEMENT

Varicella (Chickenpox) Vaccine: What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](#).
Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](#)

1 Why get vaccinated?

Varicella (also called chickenpox) is a very contagious viral disease. It is caused by the varicella zoster virus. Chickenpox is usually mild, but it can be serious in infants under 12 months of age, adolescents, adults, pregnant women, and people with weakened immune systems.

Chickenpox causes an itchy rash that usually lasts about a week. It can also cause:

- fever
- tiredness
- loss of appetite
- headache

More serious complications can include:

- skin infections
- infection of the lungs (pneumonia)
- inflammation of blood vessels
- swelling of the brain and/or spinal cord coverings (encephalitis or meningitis)
- blood stream, bone, or joint infections

Some people get so sick that they need to be hospitalized. It doesn't happen often, but people can die from chickenpox. Before varicella vaccine, almost everyone in the United States got chickenpox, an average of 4 million people each year.

Children who get chickenpox usually miss at least 5 or 6 days of school or childcare.

Some people who get chickenpox get a painful rash called shingles (also known as herpes zoster) years later.

Chickenpox can spread easily from an infected person to anyone who has not had chickenpox and has not gotten chickenpox vaccine.

2 Chickenpox vaccine

Children 12 months through 12 years of age should get 2 doses of chickenpox vaccine, usually:

- First dose: 12 through 15 months of age
- Second dose: 4 through 6 years of age

People 13 years of age or older who didn't get the vaccine when they were younger, and have never had chickenpox, should get 2 doses at least 28 days apart.

A person who previously received only one dose of chickenpox vaccine should receive a second dose to complete the series. The second dose should be given at least 3 months after the first dose for those younger than 13 years,

3 Some people should not get this vaccine

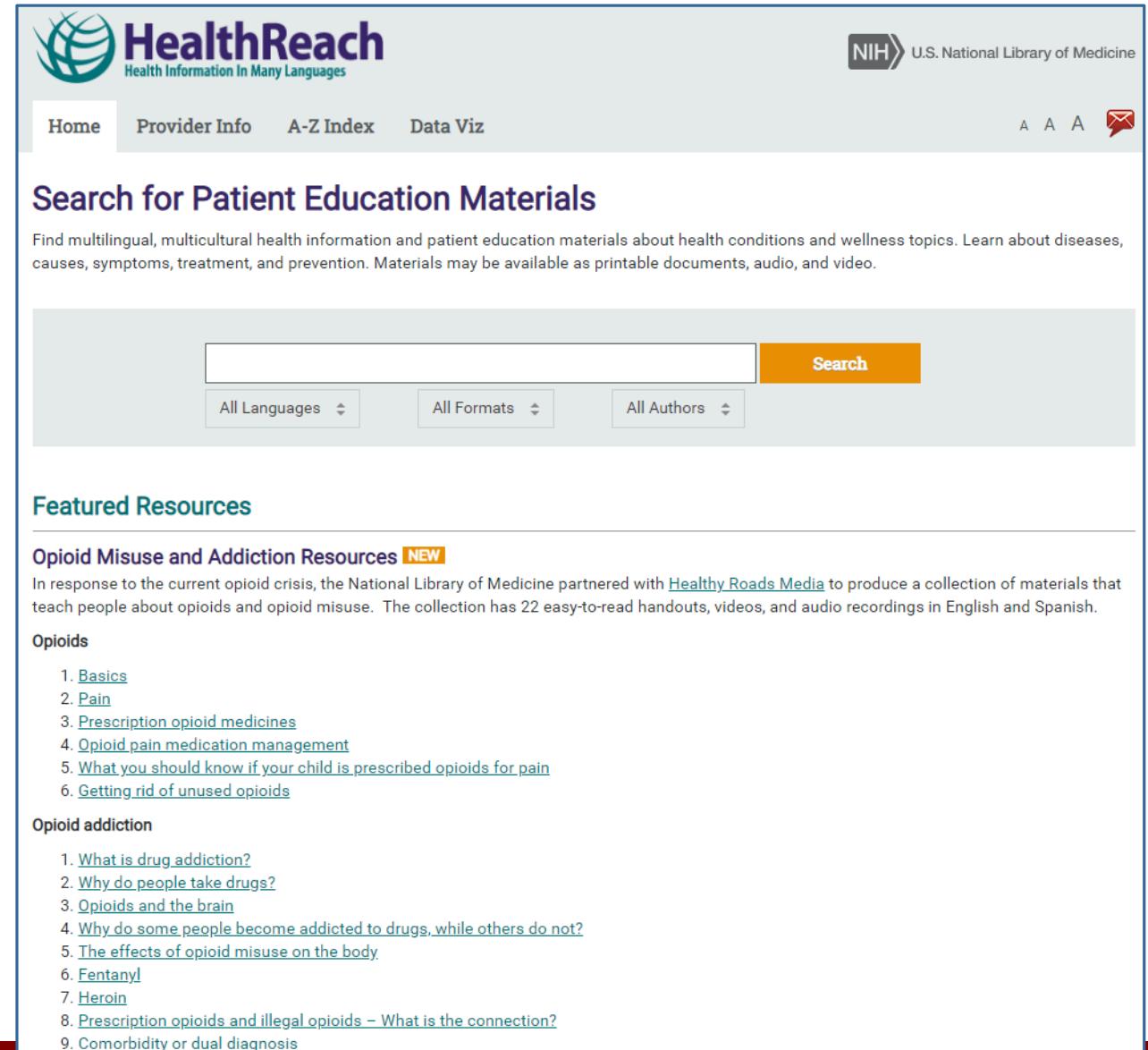
Tell your vaccine provider if the person getting the vaccine:

- Has any severe, life-threatening allergies.** A person who has ever had a life-threatening allergic reaction after a dose of chickenpox vaccine, or has a severe allergy to any part of this vaccine, may be advised not to be vaccinated. Ask your health care provider if you want information about vaccine components.
- Is pregnant, or thinks she might be pregnant.** Pregnant women should wait to get chickenpox vaccine until after they are no longer pregnant. Women should avoid getting pregnant for at least 1 month after getting chickenpox vaccine.
- Has a weakened immune system** due to disease (such as cancer or HIV/AIDS) or medical treatments (such as radiation, immunotherapy, steroids, or chemotherapy).
- Has a parent, brother, or sister with a history of immune system problems.**
- Is taking salicylates (such as aspirin).** People should avoid using salicylates for 6 weeks after getting varicella vaccine.
- Has recently had a blood transfusion or received other blood products.** You might be advised to postpone chickenpox vaccination for 3 months or more.
- Has tuberculosis.**

HealthReach

- Multilingual and multicultural
- Health education materials in various languages and formats
- Provider information
- National collaboration
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The screenshot shows the HealthReach website, which is part of the U.S. National Library of Medicine. The header includes the HealthReach logo and navigation links: Home, Provider Info, A-Z Index, and Data Viz. A search bar is prominently displayed with a 'Search' button and filters for 'All Languages', 'All Formats', and 'All Authors'. Below the search bar, there is a section for 'Featured Resources' with a sub-header 'Opioid Misuse and Addiction Resources' marked as 'NEW'. This section provides a brief description of the resources and lists links for 'Opioids' and 'Opioid addiction'.

HealthReach
Health Information In Many Languages

NIH U.S. National Library of Medicine

Home Provider Info A-Z Index Data Viz

Search for Patient Education Materials

Find multilingual, multicultural health information and patient education materials about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video.

Search

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Featured Resources

Opioid Misuse and Addiction Resources **NEW**

In response to the current opioid crisis, the National Library of Medicine partnered with [Healthy Roads Media](#) to produce a collection of materials that teach people about opioids and opioid misuse. The collection has 22 easy-to-read handouts, videos, and audio recordings in English and Spanish.


Opioids

1. [Basics](#)
2. [Pain](#)
3. [Prescription opioid medicines](#)
4. [Opioid pain medication management](#)
5. [What you should know if your child is prescribed opioids for pain](#)
6. [Getting rid of unused opioids](#)


Opioid addiction

1. [What is drug addiction?](#)
2. [Why do people take drugs?](#)
3. [Opioids and the brain](#)
4. [Why do some people become addicted to drugs, while others do not?](#)
5. [The effects of opioid misuse on the body](#)
6. [Fentanyl](#)
7. [Heroin](#)
8. [Prescription opioids and illegal opioids – What is the connection?](#)
9. [Comorbidity or dual diagnosis](#)

HealthReach- patient materials



Health Information In Many Languages



U.S. National Library of Medicine


Home Patient Materials Provider Information A-Z Index

A A A

Find culturally relevant information in multiple languages and formats about health conditions and wellness topics. Learn about diseases, causes, symptoms, treatment, and prevention. Materials may be available as printable documents, audio, and video. Search by language, choose a format, or browse by keyword.


All Languages
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Health Information In Many Languages



U.S. National Library of Medicine

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A A A

All Languages
All Formats
All Authors

1-7 of 7 results


10 per page

Title	Format	Translation Review	Medical Review	Languages
Fight the Flu Poster	Document	Company review	✓	English; Amharic; Arabic; Burmese; Chinese, Traditional (Cantonese dialect); Hindi; Hmong; Karen; Khmer; Korean; Lao; Nepali; Oromo; Russian; Somali; Spanish; Tagalog; Thai; Vietnamese
Vaccine Information Statement (VIS) – Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know	Document	Company review	✓	English; Amharic; Arabic; Armenian; Bengali; Burmese; Chinese, Simplified (Mandarin dialect); Chinese, Traditional (Cantonese dialect); Chuukese; Dari; Farsi; French; Haitian Creole; Hindi; Hmong; Ilocano; Indonesian; Japanese; Karen; Khmer; Kinyarwanda; Korean; Marshallese; Nepali; Oromo; Pashto; Polish; Portuguese; Punjabi; Russian; Somali; Spanish; Swahili; Tagalog; Thai; Tigrinya; Turkish; Urdu; Vietnamese
Advice for Parents on Talking to Children About the Flu	Document	Community review	✓	English; Amharic; Arabic; Burmese; Dzongkha; Farsi; Karen; Kirundi; Nepali; Oromo; Somali; Spanish

Drug Information

INCLUDING HERBAL AND SUPPLEMENTS

MedlinePlus- Drugs & Supplements



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Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:

A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9



For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)

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- [Blood Thinners](#)
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- [Cancer Chemotherapy](#)
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MedlinePlus- drug information

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Home → Drugs, Herbs and Supplements → Drugs: O

Other drug names A-Z

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0-9

Drugs: O

Obeticholic Acid

Obinutuzumab Injection

Ocaliva ® see Obeticholic Acid

Ocella ® (as a combination product containing Drospirenone, Ethinyl Estradiol) see Estrogen and Progestin (Oral Contraceptives)

Ocrelizumab Injection

Ocrevus ® see Ocrelizumab Injection

Octreotide Injection

Ocu-Cort ® (as a combination product containing Bacitracin Zinc, Hydrocortisone, Neomycin, Polymyxin B Sulfates) see Bacitracin Ophthalmic

Ocu-Mycin ® see Gentamicin Ophthalmic

Ocu-Tropine ® see Atropine Ophthalmic

Ocufen ® see Flurbiprofen Ophthalmic

Ocuflox ® see Ofloxacin Ophthalmic

Odefsey ® (as a combination product containing Emtricitabine, Rilpivirine, Tenofovir) see Emtricitabine, Rilpivirine, and Tenofovir

Odomzo ® see Sonidegib

Ofatumumab Injection

Ofev ® see Nintedanib

Ofirmev ® see Acetaminophen Injection

Ofloxacin

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Home → Drugs, Herbs and Supplements → Oxycodone

Oxycodone
pronounced as (ox i koe' done)

✉ ☎ 📘 🐦 📧


<p>Why is this medication prescribed?</p> <p>How should this medicine be used?</p> <p>Other uses for this medicine</p> <p>What special precautions should I follow?</p> <p>What special dietary instructions should I follow?</p> <p>What should I do if I forget a dose?</p>	<p>What side effects can this medication cause?</p> <p>What should I know about storage and disposal of this medication?</p> <p>In case of emergency/overdose</p> <p>What other information should I know?</p> <p>Brand names</p> <p>Brand names of combination products</p>
---	--

IMPORTANT WARNING:

Oxycodone may cause serious or life-threatening breathing problems, especially during the first 24 to 72 hours of your treatment and any time your dose is increased. Your doctor will monitor you carefully during your treatment. Tell your doctor if you have or have ever had slowed breathing or asthma. Your doctor will probably tell you not to take oxycodone. Also tell your doctor if you have or have ever had lung disease such as chronic obstructive pulmonary disease (COPD; a group of diseases that affect the lungs and airways), a head injury or any condition that increases the amount of pressure in your brain. The risk that you will develop breathing problems may be higher if you are an older adult or are weak or malnourished due to disease. If you experience any of the following symptoms, call your doctor immediately or get emergency medical treatment: slowed breathing, long pauses between breaths, or shortness of breath.

Taking certain other medications with oxycodone may increase the risk of serious or life-threatening breathing problems, sedation, or coma. Tell your doctor and pharmacist if you are taking or plan to take any of the following medications: certain antibiotics such as clarithromycin (Biaxin, in PrevPac) and erythromycin (Erytab, Erythrocin); certain antifungal medications including itraconazole (Onmel, Sporanox), ketoconazole (Nizoral), and voriconazole (Vfend); benzodiazepines such as alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), diazepam (Dialstat, Valium), estazolam, flurazepam, lorazepam (Ativan), oxazepam, temazepam (Restoril), and triazolam (Halcion); carbamazepine (Carbatrol, Epitol, Equetro, Tegretol, Teril); medications for mental illness, nausea or pain; muscle relaxants; certain medications for human immunodeficiency virus (HIV) including indinavir (Crixivan), nelfinavir (Viracept), and ritonavir (Norvir, in Kaletra); phenytoin (Dilantin, Phenytek); rifabutin (Mycobutin), rifampin (Rifadin, Rimactane, in Rifamate); sedatives; sleeping pills; or tranquilizers. Your doctor may need to change the doses of your medication and will monitor you carefully. If you take oxycodone with any of these medications and you develop any of the following symptoms, call your doctor immediately or seek emergency medical care: unusual dizziness

MedlinePlus- herbs and supplements



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Drugs, Herbs and Supplements

Drugs

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For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual and drug interactions.

[All herbs and supplements](#)

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Herbs and Supplements

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Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

A

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Calcium

Fact Sheet for Consumers

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What is calcium and what does it do?


Calcium is a mineral found in many foods. The body needs calcium to maintain strong bones and to carry out many important functions. Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.

The body also needs calcium for muscles to move and for nerves to carry messages between the brain and every body part. In addition, calcium is used to help blood vessels move blood throughout the body and to help release [hormones](#) and [enzymes](#) that affect almost every function in the human body.

How much calcium do I need?

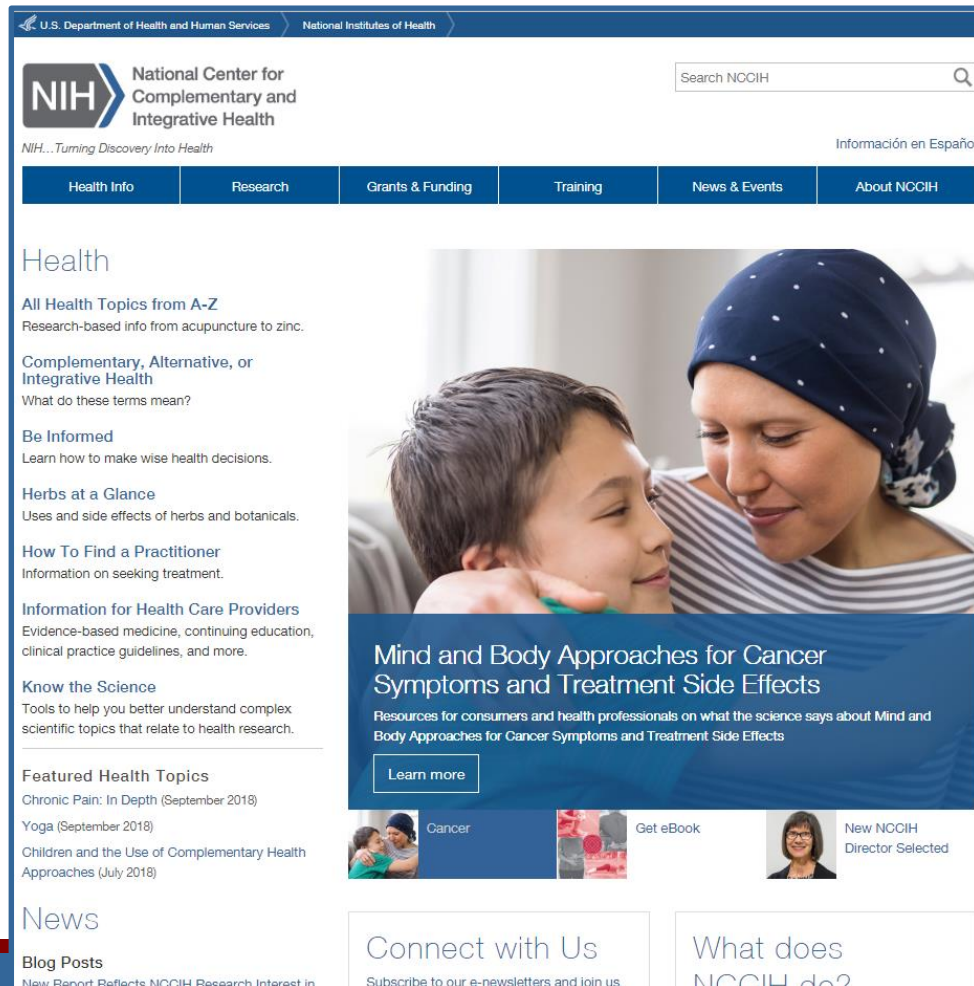
The amount of calcium you need each day depends on your age. Average daily recommended amounts are listed below in milligrams (mg):

Life Stage	Recommended Amount
Birth to 6 months	200 mg
Infants 7–12 months	260 mg
Children 1–3 years	700 mg
Children 4–8 years	1,000 mg
Children 9–13 years	1,300 mg
Teens 14–18 years	1,300 mg



Have a question?
Ask ODS: ods.od.nih.gov/contact

National Center for Complementary and Integrative Health (NCCIH)



The screenshot shows the NCCIH website homepage. At the top, there's a navigation bar with "U.S. Department of Health and Human Services" and "National Institutes of Health". Below this is the NCCIH logo and a search bar labeled "Search NCCIH". A horizontal menu contains links for "Health Info", "Research", "Grants & Funding", "Training", "News & Events", and "About NCCIH". The main content area is titled "Health" and lists various topics: "All Health Topics from A-Z", "Complementary, Alternative, or Integrative Health", "Be Informed", "Herbs at a Glance", "How To Find a Practitioner", "Information for Health Care Providers", and "Know the Science". A large featured banner for "Mind and Body Approaches for Cancer Symptoms and Treatment Side Effects" is prominent, with a "Learn more" button. Below the banner, there are smaller sections for "Featured Health Topics" (Chronic Pain, Yoga, Children and the Use of Complementary Health Approaches) and "News" (Blog Posts). At the bottom, there are links to "Connect with Us" and "What does NCCIH do?".

- Health topics
- How to make health decisions
- Herbs at a Glance
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- Know the Science





NCCIH

NCCIH- Herbs


NIH...Turning Discovery Into Health Información en Español

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Herbs at a Glance

Share:    

Herbs at a Glance is a series of brief fact sheets that provides basic information about specific herbs or botanicals—common names, what the science says, potential side effects and cautions, and resources for more information.



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- Acai
- Aloe Vera
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- Black Cohosh
- Bromelain
- Butterbur
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- Chamomile
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- Ginkgo
- Goldenseal
- Grape Seed Extract
- Green Tea
- Hawthorn
- Hoodia
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- Rhodiola
- Sage
- Saw Palmetto
- Soy
- St. John's Wort
- Tea Tree Oil
- Thunder God Vine
- Turmeric
- Valerian
- Yohimbe

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 **How might herbs interact with medicines?**
Learn about herb-drug interactions.

NIH National Center for Complementary and Integrative Health

NIH...Turning Discovery Into Health

Health Info Research Grants & Funding Training

HerbList App

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Put an herb database in the palm of your hand

Download HerbList™ – NCCIH's app for research-based information about the safety and effectiveness of herbal products.

Download the HerbList app today.

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The herb info you need in an on-the-go package

HerbList gives you fast, free access to science-based summaries on more than 50 popular herbs, such as aloe, chamomile, ginger, and turmeric. Features include:

- Information on the herbs' common names, history, and uses, plus what the science says about their effectiveness for health purposes
- Easy-to-find facts on potential safety problems, side effects, and herb-drug interactions
- A quick way to select your favorites, so that you can talk about them later with your doctor or pharmacist
- The option to work offline! No Internet connection is required for in-app navigation.

Find out what the science says about popular herbs


Shopping for herbal products? Take your herb database with you to the supermarket or drugstore. With HerbList on your phone or tablet, you'll have information on the science and safety of popular herbs at your fingertips when you need it most.

Get the facts about herbs from a trusted source—the National Institutes of Health. Download HerbList to your phone or tablet.

Specific Health Topics

DIET, EXERCISE, CANCER, MENTAL HEALTH, SUBSTANCE ABUSE

MedlinePlus diet and exercise



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Healthy Recipe of the Week



Staying healthy can be a challenge, but simple lifestyle changes can help a lot – like eating healthy and being physically active. Research shows that engaging in these health-promoting behaviors can help reduce the risk of heart attack and stroke.

These recipes show you how to prepare tasty, healthy meals. They use fat-free milk, small amounts of vegetable oil, lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, and lots of fresh herbs and spices for flavor. Follow these heart healthy tips to start a tradition of healthy eating in your family.



Classic Macaroni and Cheese
45 minutes



Pupusas Revueltas
55 minutes



Mango Shake
5 minutes



Apple Coffee Cake
50 minutes


 from the National Institute on Aging at NIH

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Get Ready! Get Moving! *Go4Life!*
Celebrate *Go4Life Month* in September!

GET INVOLVED



ACTIVITIES

Help older adults get ready and get moving during *Go4Life Month*.

Plan activities for each week. ➔



EXERCISE

Include endurance, strength, balance, and flexibility in your *Go4Life Month* plans.


Try all 4 types of exercise. ➔




MOTIVATION

Inspire others to move more, be safe, and track their exercise progress.

Share social media messages. ➔


 from the National Institute on Aging at NIH

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BALANCE

Heel-to-Toe Walk

Having good balance is important for many everyday activities, such as going up and down stairs.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.




TIP: If you are unsteady on your feet, try doing this exercise near a wall so you can steady yourself if you need to.

Go4Life Exercise—Heel-to-Toe Walk

BALANCE

Heel to Toe Walk



MedlinePlus- Cancers

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Colorectal Cancer

Also called: [Colon cancer](#), [Rectal cancer](#)

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Summary

The colon and rectum are part of the large intestine. Colorectal cancer occurs when tumors form in the lining of the large intestine. It is common in both men and women. The risk of developing colorectal cancer rises after age 50. You're also more likely to get it if you have [colorectal polyps](#), a family history of colorectal cancer, [ulcerative colitis](#) or [Crohn's disease](#), eat a diet high in fat, or smoke.

Symptoms of colorectal cancer include

- Diarrhea or constipation
- A feeling that your bowel does not empty completely
- Blood (either bright red or very dark) in your stool
- Stools that are narrower than usual
- Frequent gas pains or cramps, or feeling full or bloated
- Weight loss with no known reason
- Fatigue
- Nausea or vomiting

Because you may not have symptoms at first, it's important to have screening tests. Everyone over 50 should get screened. Tests include [colonoscopy](#) and tests for blood in the stool. Treatments for colorectal cancer include surgery, chemotherapy, radiation, or a combination. Surgery can usually cure it when it is found early.

NIH: [National Cancer Institute](#)

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MEDICAL ENCYCLOPEDIA

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National Cancer Institute

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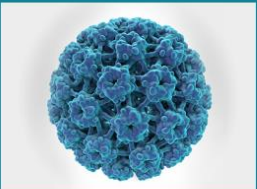
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About Cancer



HPV and Cancer
Learn about the link between human papillomavirus (HPV) infection and cancer.



Dense Breasts: Answers to Commonly Asked Questions
Get answers to commonly asked questions about mammographically dense breasts and a list of questions to ask your doctor.



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Skin Cancer (Including Melanoma)—Patient Version

[Go to Health Professional Version](#)

OVERVIEW


The skin protects against heat, sunlight, injury, and infection. Skin also helps control body temperature and stores water and fat. Skin cancer is the most common type of cancer. It usually forms in skin that has been exposed to sunlight, but can occur anywhere on the body.

Skin has several layers. Skin cancer begins in the epidermis (outer layer), which is made up of squamous cells, basal cells, and melanocytes.

There are several different types of skin cancer. Squamous cell and basal cell skin cancers are sometimes called nonmelanoma skin cancers. Nonmelanoma skin cancer usually responds to treatment and rarely spreads to other parts of the body. Melanoma is more aggressive than most other types of skin cancer. If it isn't diagnosed early, it is likely to invade nearby tissues and spread to other parts of the body. The number of cases of melanoma is increasing each year. Only 2 percent of all skin cancers are melanoma, but it causes most deaths from skin cancer.

Rare types of skin cancer include Merkel cell carcinoma, skin lymphoma, and Kaposi sarcoma.

Did You Know? Melanoma Cancer Statistics



Melanoma Statistics
Did You Know? Video Series

Key statistics about melanoma from the SEER Cancer Statistics Review, 1975-2010.

TREATMENT

PDQ Treatment Information for Patients

- Skin Cancer Treatment
- Melanoma Treatment
- Merkel Cell Carcinoma Treatment

More information

- Unusual Cancers of Childhood Treatment (PDQ®)
- Late Effects of Treatment for Childhood Cancer (PDQ®)
- Drugs Approved for Skin Cancer
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- Checkpoint Inhibitors Hold Promise for Rare Melanoma
- Nivolumab Improves Survival for Some Patients with Advanced Melanoma
- Immune, Targeted Therapies May Delay Melanoma Recurrence
- Personalized Treatment Vaccines for Melanoma

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CAUSES & PREVENTION

SCREENING

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Anxiety

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Summary

Fear and anxiety are part of life. You may feel anxious before you take a test or walk down a dark street. This kind of anxiety is useful - it can make you more alert or careful. It usually ends soon after you are out of the situation that caused it. But for millions of people in the United States, the anxiety does not go away, and gets worse over time. They may have chest pains or nightmares. They may even be afraid to leave home. These people have anxiety disorders. Types include

- Panic disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Phobias
- Generalized anxiety disorder

Treatment can involve medicines, therapy or both.

NIH: National Institute of Mental Health

Start Here

- Anxiety Disorders (American Psychiatric Association)
- Anxiety disorders (Department of Health and Human Services, Office on Women's Health)
Also in Spanish
- Understanding Anxiety Disorders: When Panic, Fear, and Worries Overwhelm

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MEDICAL ENCYCLOPEDIA

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Help For Veterans

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Featured Topics

Eating Disorders
Extreme emotions, attitudes, and behaviors involving weight and food is a kind of mental health problem. Read more about the causes, symptoms and how to get help.

Mental Health Experts, Resources
Find a local organization that can help you coordinate a community event, organize support groups, or provide general info.

Help for Young People
OK2TALK is a community for teens and young adults struggling with mental health problems. Learn more and start talking about mental health.

Show Your Care. Connect and Share
Join the conversation and talk about mental health.

Get Immediate Help

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255 (TALK)

Veterans Crisis Line
1-800-273-8255 PRESS 1

Treatment Locator

MentalHealth.gov
Find information about mental health services and resources in your area. You can search by state or zip code.

[MentalHealth.gov](https://www.mentalhealth.gov)

U.S. Department of Health & Human Services

SAMHSA
Substance Abuse and Mental Health Services Administration

Home | Site Map | Contact Us

Search SAMHSA.gov

Find Help & Treatment | Grants | Data | Programs & Campaigns | Newsroom | About Us | Publications

Addressing the Opioid Crisis
HHS awards over \$1 billion to combat the crisis ravaging our country.

Learn More

HHS 5-POINT STRATEGY TO COMBAT THE OPIOIDS CRISIS

- 1** Better addiction prevention, treatment, and recovery services
- 2** Better data
- 3** Better pain management
- 4** Better targeting of overdose reversing drugs
- 5** Better research

HHS.GOV/OPIOIDS

Get Help

National Suicide Prevention Lifeline®
1-800-273-TALK (8255)
Free and confidential support for people in distress, 24/7.

Disaster Distress Helpline
1-800-985-5990
Immediate crisis counseling related to disasters, 24/7.

National Helpline
1-800-662-HELP (4357)
Treatment referral and information, 24/7.

Find treatment facilities confidential and anonymously.


Enter an Address, City, or ZIP code

Search Facilities

Learn About Our Locator

[SAMHSA](https://www.samhsa.gov)


National Institute of Mental Health

 National Institute of Mental Health


Transforming the understanding and treatment of mental illnesses.

Search the NIMH website

Search

 MENTAL HEALTH INFORMATION OUTREACH RESEARCH PRIORITIES FUNDING LABS AT NIMH NEWS & EVENTS ABOUT US


The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.



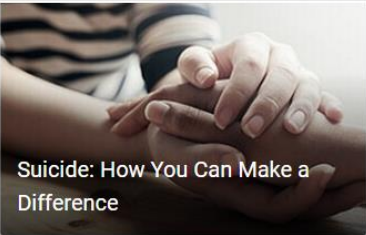
Healthtopics*

Anxiety Disorders	Attention Deficit Hyperactivity Disorder
Autism Spectrum Disorder	Bipolar Disorder
Borderline Personality Disorder	Depression
Eating Disorders	Obsessive-Compulsive Disorder
Post-Traumatic Stress Disorder	Schizophrenia
Suicide Prevention	More Topics


Featured Topics



Director's Message: Confronting Bias to Advance Science



Suicide: How You Can Make a Difference




Mental Health 101

In the News

Events


About NIMH

 National Institute of Mental Health

Transforming the understanding and treatment of mental illnesses.

Search the NIMH website

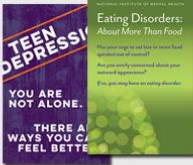
Search


 HEALTH & EDUCATION OUTREACH RESEARCH PRIORITIES FUNDING LABS AT NIMH NEWS & EVENTS ABOUT US

Mental Health Information Statistics Consumer Health Publications Help for Mental Illnesses Clinical Trials

Home > Health & Education

Publications




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Esta página está disponible en español

PUBLICATIONS BY LANGUAGE


 Publications in English

 Publicaciones en Español




BROWSE BY DISORDER

- Anxiety Disorders (4 items)
- Attention Deficit Hyperactivity Disorder (ADHD) (2 items)
- Autism (1 item)




BROWSE BY TYPE

- Booklets
- Brochures
- Fact Sheets
- Posters



SPECIAL TOPICS

- Brain Anatomy & Physiology
- Children & Teens
- Clinical Trials
- Coping with Traumatic Events



ABOUT NIMH PUBLICATIONS

- How to Download & View NIMH eBooks
- Citing NIMH Information & Publications

MedlinePlus- Substance Abuse Problems

Home → Health Topics

Health Topics

Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W XYZ List of All Topics

Body Location/Systems

- Blood, Heart and Circulation
- Bones, Joints and Muscles
- Brain and Nerves
- Digestive System
- Ear, Nose and Throat
- Endocrine System
- Eyes and Vision
- Immune System
- Kidneys and Urinary System
- Lungs and Breathing
- Mouth and Teeth
- Skin, Hair and Nails
- Female Reproductive System
- Male Reproductive System

Disorders and Conditions

- Cancers
- Diabetes Mellitus
- Genetics/Birth Defects
- Infections
- Injuries and Wounds
- Mental Health and Behavior
- Metabolic Problems
- Poisoning, Toxicology, Environmental Health
- Pregnancy and Reproduction
- Substance Abuse Problems**
- Diagnosis and Therapy
 - Complementary and Alternative Therapies
 - Diagnostic Tests
 - Drug Therapy
 - Surgery and Rehabilitation
 - Symptoms
 - Transplantation and Donation

Demographic Groups

- Children and Teenagers
- Men
- Population Groups
- Seniors
- Women

Health and Wellness

- Disasters
- Fitness and Exercise
- Food and Nutrition
- Health System
- Personal Health Issues
- Safety Issues
- Sexual Health Issues
- Social/Family Issues
- Wellness and Lifestyle

NIH U.S. National Library of Medicine

MedlinePlus

Trusted Health Information for You

Search MedlinePlus GO

About MedlinePlus Site Map FAQs Customer Support

Health Topics Drugs & Supplements Videos & Tools Español

Home → Health Topics → Methamphetamine

Methamphetamine

Also called: Chalk, Crystal, Glass, Ice, Meth, Speed, Tina

On this page

Basics <ul style="list-style-type: none"> Summary Start Here Diagnosis and Tests 	Learn More <ul style="list-style-type: none"> Related Issues Specifics 	See, Play and Learn <ul style="list-style-type: none"> Images Health Check Tools
Research <ul style="list-style-type: none"> Statistics and Research Clinical Trials Journal Articles 	Resources <ul style="list-style-type: none"> Reference Desk Find an Expert 	For You <ul style="list-style-type: none"> Children Teenagers Women Patient Handouts



Summary

Methamphetamine - meth for short - is a very addictive stimulant drug. It is a powder that can be made into a pill or a shiny rock (called a crystal). The powder can be eaten or snorted up the nose. It can also be mixed with liquid and injected into your body with a needle. Crystal meth is smoked in a small glass pipe.

Meth at first causes a rush of good feelings, but then users feel edgy, overly excited, angry, or afraid. Meth use can quickly lead to addiction. It causes medical problems including

- Making your body temperature so high that you pass out
- Severe itching
- "Meth mouth" - broken teeth and dry mouth
- Thinking and emotional problems

NIH: National Institute on Drug Abuse

Start Here

- Meth (Crank, Ice) Facts Easy-to-Read (National Institute on Drug Abuse)

Get Methamphetamine updates by email

Enter email address GO

MEDICAL ENCYCLOPEDIA


Methamphetamine overdose

Substance use -- amphetamines

Related Health Topics

Drug Abuse





National Institute on Alcohol Abuse & Alcoholism




**National Institute
on Alcohol Abuse
and Alcoholism**

NIH...Turning Discovery Into Health®

[Donations](#) | [Join a Clinical Study](#) | [Alcohol Treatment Navigator](#)



[Alcohol & Your Health](#)
[Publications & Multimedia](#)
[Research](#)
[Research Training](#)
[Grants Funding](#)
[News & Events](#)

DO YOU KNOW:
**THE SIGNS
THAT ALCOHOL
IS CAUSING
HARM?**

[Find Out >](#)

Latest News [View all News >](#)

NEWS RELEASE

October 17, 2018
Dr. Peter M. Monti to Deliver 10th Annual Jack Mendelson Honorary Lecture at the National Institutes of Health
What: The National Institute on Alcohol...

NEW & NOTEWORTHY

October 01, 2018
NIAAA Director's Blog: Raising Awareness about Fetal Alcohol Spectrum Disorders
From the latest...

NEW & NOTEWORTHY

September 28, 2018
Now online: New Director's Report and the Fall 2018 issue of the NIAAA Spectrum
The NIAAA Director's Report to the National Advisory...

NEWS RELEASE

August 29, 2018
Event Registration Opens Today for National Drug & Alcohol Facts Week Observance to be held...

Home » Publications » Treatment for Alcohol Problems: Finding and Getting Help

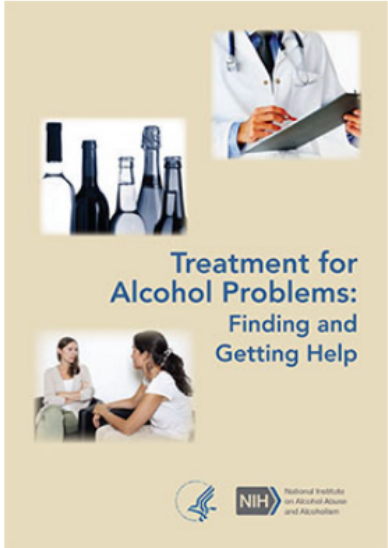
[Print version](#)

Treatment for Alcohol Problems: Finding and Getting Help

This guide is written for individuals, and their family and friends, who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them. [Please note: NIAAA recently launched the NIAAA Alcohol Treatment Navigator. This online tool helps you find the right treatment for you — and near you. It guides you through a step-by-step process to finding a highly qualified professional treatment provider. Learn more at <https://alcoholtreatment.niaaa.nih.gov>.](#)

Table of Contents

- [When Is It Time for Treatment?](#)
- [Options for Treatment](#)
- [Treatments Led by Health Professionals](#)
- [What FDA-Approved Medications Are Available?](#)
- [Tips for Selecting Treatment](#)
- [An Ongoing Process](#)
- [Resources](#)



Upcoming Events

NOV 02

NOV 02 to 06

Collaborative Research on

@Bro
Research that al
conse
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1 day 18 hours ago

National Institute on Drug Abuse

NIH National Institute on Drug Abuse
Advancing Addiction Science

enter keywords

Connect with NIDA: [f](#) [in](#) [t](#) [v](#) [p](#) [s](#)

[Home](#) [Drugs of Abuse](#) [Related Topics](#) [Publications](#) [Funding](#) [News & Events](#) [About NIDA](#)

Researchers

Regulations, Policies & Guidance
Clinical Trials Stewardship
Funding Opportunities
Funding Priorities
Research Training and Career Development
Research Resources
Data Harmonization Projects
[View More ▶](#)

Emerging Trend Alerts
[FDA Investigates Multistate Outbreak of Salmonella Infections Possibly Linked to Kratom Products ▶](#)

News
Greek life membership associated with binge drinking and marijuana use in later life
Medication in Prison Associated with Reductions in Fatal Opioid Overdoses After Release
NIH releases first dataset from unprecedented study of adolescent brain development
Dr. Redonna Chandler selected to lead AIDS Research Program at NIDA
[See More News ▶](#)


Marijuana Use and Health Problems Later in Life
[1](#) [2](#) [3](#) [4](#) [▶](#)

Latest Science
The brain's hyper-network uncovered (Science Highlight)
Could Naltrexone Be Used to Treat Pregnant Women with Opioid Addiction? (Nora's Blog)
Neuronal ensembles take center stage (Science Highlight)
Long-Term Marijuana Use Is Associated With Health Problems Later in Life (NIDA Notes)
[View More ▶](#)
[News From NIDA's Labs ▶](#)

Trends and Statistics

This infographic of the NIH's 2017 Monitoring the Future survey highlights drug use trends among the Nation's youth for marijuana, alcohol, cigarettes, e-cigarettes (e-vaporizers), and prescription opioids.
[See the infographic ▶](#)
[Get More Stats ▶](#)
[See All ▶](#)

NIDA Director

Director's Page
Nora's Blog
Videos

Watch NIDA Videos

About the ABCD Study

Adolescent Brain Cognitive Development®
The largest long-term study of brain maturation and other health outcomes in youth. More...

NIDA Notes
The Latest in NIDA Drug Abuse Research
NIDA AIDS Research Program

National Drug Abuse Treatment Clinical Trials Network

Intramural Research Program



International Program
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Call 1-877-643-2644 or:


RESEARCHERS
Learn about funding opportunities, research dissemination, and applying for grants.

MEDICAL & HEALTH PROFESSIONALS
Find resources on treatment, prevention, and clinical trials.


PARENTS & EDUCATORS
CHILDREN AND TEENS


National Institutes of Health DrugAbuse.gov [Contact Us](#) [Get Email Updates](#)


**National Institute on Drug Abuse for Teens**
Advancing Addiction Science
[Teens](#) | [Teachers](#) | [Parents](#) | [Drugs & Health Blog](#) | [National Drug & Alcohol Facts Week®](#) 

[Have a drug problem—need help?](#)

Teens: Drug Use and the Brain

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!



Drug Facts


Heads Up: Real News About Drugs®

If I thought I needed drug treatment, I would know who to contact.


☐ Yes
☐ No
☐ Maybe


[VOTE](#)



Take Our Poll

Drugs & Health Blog

[See All Blog Items >](#)


Let's Shatter the Myths About Drugs


Pregnancy and Drugs: Update (Part 2 – Marijuana, Opioids, and Illegal Drugs)


How Do the New FDA Rules Affect You?

Evaluating Health Information

ABCs of Evaluation

■ Accuracy

- Is the information based on sound medical research?

■ Authority

- Who published the page?

■ Bias

- Is the author using data improperly to promote a position or a product?

■ Currency

- When was the page last updated?

■ Coverage

- Are there sources given for additional information?

■ Usability

- Is it user friendly and easy to navigate?

[NNLM Consumer Health guides](#)

Trust It or Trash It?

Trust It or Trash It?[About](#) | [Contact](#) | [Español](#)

1 Who said it?

2 When did they say it?

3 How did they know?

What is Trust It or Trash It?

This is a tool to help you think critically about the quality of health information (including websites, handouts, booklets, etc.). Click on *Who said it?* *When did they say it?* and *How did they know?* to guide you through the process.

 Have questions, comments or suggestions? [Send us a note.](#)

 [Click here](#) for a printer friendly version.

 The Quality Assessment Toolbox is for educational purposes only. Read our [disclaimer language.](#)

 Creating a resource? [Click here](#) for the developer version.

Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution 3.0 License. This tool is for educational purposes only.

|| DESIGN & DEVELOPMENT BY - WWW.PROJECTMISO.NET ||

[Trust It or Trash It](#)

Health Reference

HEALTH LITERACY, PRIVACY/ETHICS, TIPS

Health Literacy

Library users often ask complicated health questions, but they need non-complicated answers.

“Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

Healthy People

Factors Impacting Information-Seeking Behavior

- Patients and caregivers may be fearful, angry, overwhelmed, disillusioned, or depressed. Emotions play a role in how they approach the library staff.
- Factors: age, gender, literacy level, socioeconomic background, culture/ethnicity, language.

Tips for dealing with challenges

- Be empathetic
- Be an active listener
- Use open ended questions
- Be aware of body language
- Respect privacy / confidentiality
- Be prepared for emotions

Health reference guidelines

- Provide a welcoming safe environment
- Be aware of the person asking the question, but don't make assumptions
- Get as much information as possible
- Verify medical terminology in a medical dictionary or encyclopedia
- Be aware of the limitations of medical information
- Provide the most complete information to answer the information request
- Do not interpret medical information or provide advice
- Refer the patron back to their health care professional

How to use...

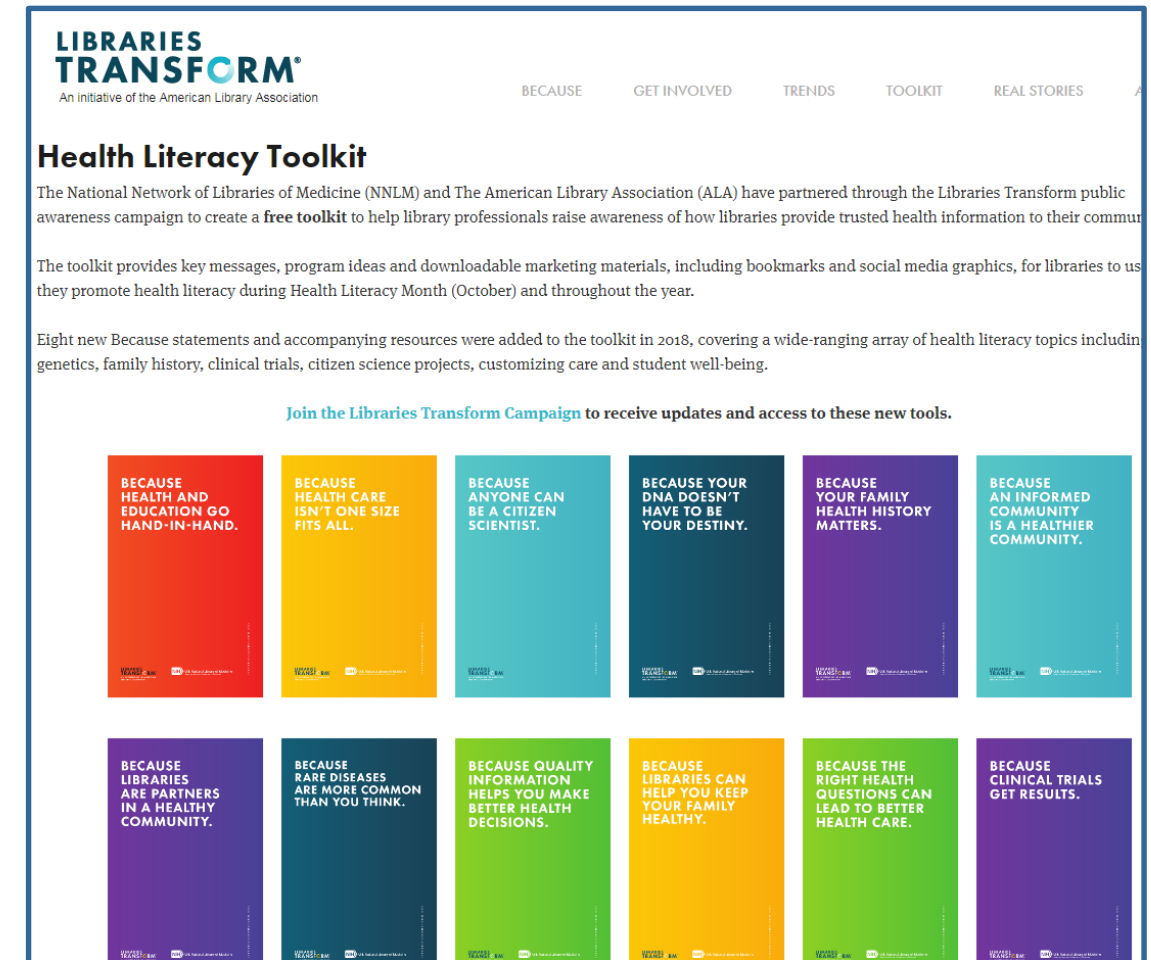
SERVICES AND PROGRAMS

Health Observances



The screenshot shows the healthfinder.gov website. At the top, there are links for health.gov, healthfinder.gov, and HealthyPeople.gov. Below this is a search bar and a navigation menu. The main content area is titled "National Health Observances" and features a large image of a diverse group of people. Below the image, there is a section for "National Health Observance Toolkit — October" which includes a "View Toolkit" button. To the right of this is a "2018 NHO Calendar" section with a list of observances: "NHO Calendar at a Glance" and "NHO Calendar with Contact Information". Below the calendar is a "View All Toolkits" section with a list of observances: "January — Cervical Health Awareness Month", "February — American Heart Month", "February — Teen Dating Violence Awareness Month", and "March — Colorectal Cancer Awareness Month".

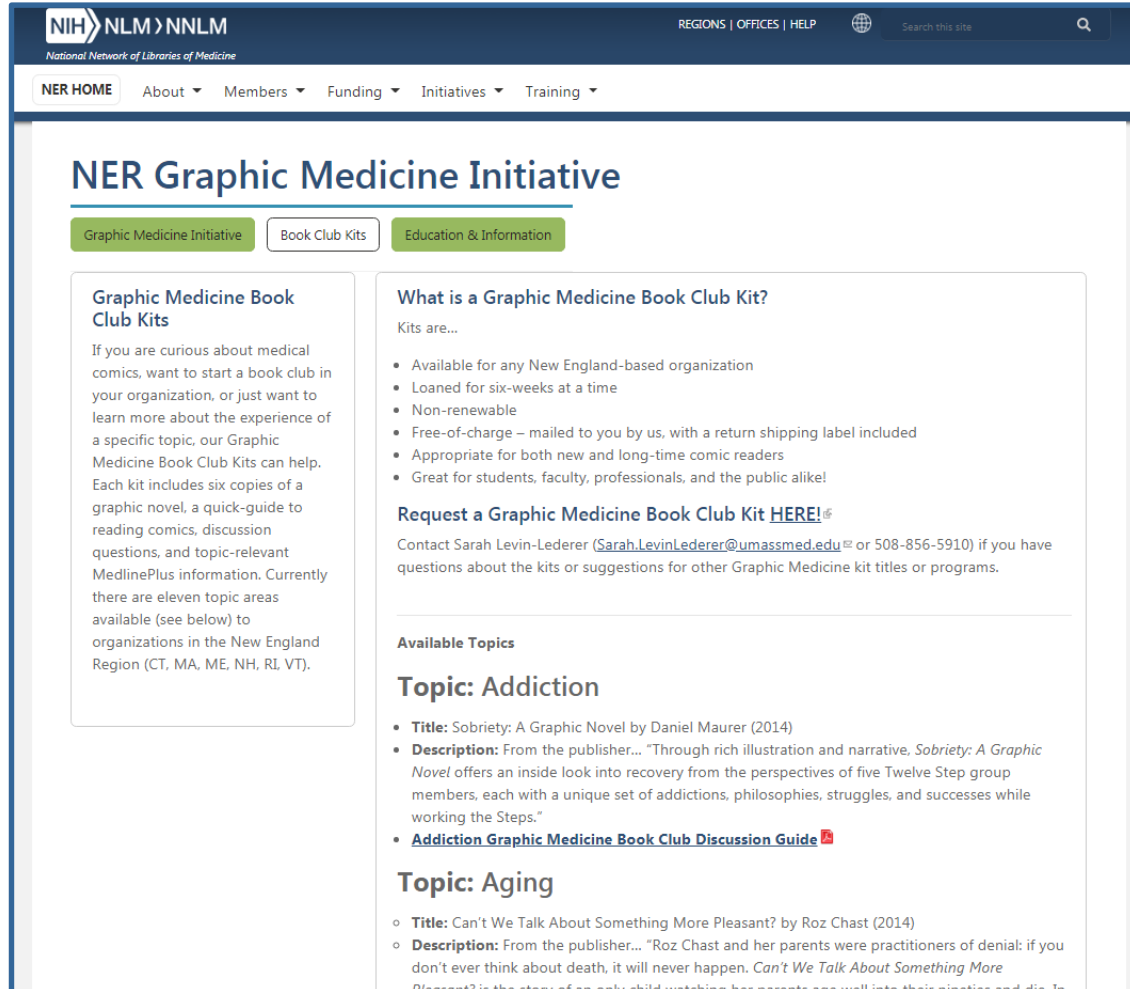
National Health Observances Toolkits



The screenshot shows the Libraries Transform Health Literacy Toolkit website. At the top, there is a header with the "LIBRARIES TRANSFORM" logo and a navigation menu with links: "BECAUSE", "GET INVOLVED", "TRENDS", "TOOLKIT", and "REAL STORIES". Below the header is a section titled "Health Literacy Toolkit" with a paragraph explaining the toolkit's purpose. Below this is a section titled "Join the Libraries Transform Campaign to receive updates and access to these new tools." which features a grid of 12 colorful cards, each with a "BECAUSE" statement and a corresponding image. The statements include: "BECAUSE HEALTH AND EDUCATION GO HAND-IN-HAND.", "BECAUSE HEALTH CARE ISN'T ONE SIZE FITS ALL.", "BECAUSE ANYONE CAN BE A CITIZEN SCIENTIST.", "BECAUSE YOUR DNA DOESN'T HAVE TO BE YOUR DESTINY.", "BECAUSE YOUR FAMILY HEALTH HISTORY MATTERS.", "BECAUSE AN INFORMED COMMUNITY IS A HEALTHIER COMMUNITY.", "BECAUSE LIBRARIES ARE PARTNERS IN A HEALTHY COMMUNITY.", "BECAUSE RARE DISEASES ARE MORE COMMON THAN YOU THINK.", "BECAUSE QUALITY INFORMATION HELPS YOU MAKE BETTER HEALTH DECISIONS.", "BECAUSE LIBRARIES CAN HELP YOU KEEP YOUR FAMILY HEALTHY.", "BECAUSE THE RIGHT HEALTH QUESTIONS CAN LEAD TO BETTER HEALTH CARE.", and "BECAUSE CLINICAL TRIALS GET RESULTS."

Libraries Transform Health Literacy Toolkit

Book Discussion Kits



NIH NLM NNLM
National Network of Libraries of Medicine

REGIONS | OFFICES | HELP

NER HOME About Members Funding Initiatives Training

NER Graphic Medicine Initiative

Graphic Medicine Initiative Book Club Kits Education & Information

Graphic Medicine Book Club Kits

If you are curious about medical comics, want to start a book club in your organization, or just want to learn more about the experience of a specific topic, our Graphic Medicine Book Club Kits can help. Each kit includes six copies of a graphic novel, a quick-guide to reading comics, discussion questions, and topic-relevant MedlinePlus information. Currently there are eleven topic areas available (see below) to organizations in the New England Region (CT, MA, ME, NH, RI, VT).

What is a Graphic Medicine Book Club Kit?

Kits are...

- Available for any New England-based organization
- Loaned for six-weeks at a time
- Non-renewable
- Free-of-charge – mailed to you by us, with a return shipping label included
- Appropriate for both new and long-time comic readers
- Great for students, faculty, professionals, and the public alike!

Request a Graphic Medicine Book Club Kit [HERE!](#)

Contact Sarah Levin-Lederer (Sarah.LevinLederer@umassmed.edu or 508-856-5910) if you have questions about the kits or suggestions for other Graphic Medicine kit titles or programs.

Available Topics

Topic: Addiction

- **Title:** *Sobriety: A Graphic Novel* by Daniel Maurer (2014)
- **Description:** From the publisher... "Through rich illustration and narrative, *Sobriety: A Graphic Novel* offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps."
- **Addiction Graphic Medicine Book Club Discussion Guide**

Topic: Aging

- **Title:** *Can't We Talk About Something More Pleasant?* by Roz Chast (2014)
- **Description:** From the publisher... "Roz Chast and her parents were practitioners of denial: if you don't ever think about death, it will never happen. *Can't We Talk About Something More Pleasant?* is the story of an only child watching her parents age well into their nineties and die. In

Graphic Medicine Book Club Discussion Guides



NIH NLM NNLM
National Network of Libraries of Medicine

HELP

Search this site

NNLM ALL OF US COMMUNITY ENGAGEMENT NETWORK About Us Resources NIH All of Us NNLM Reading Club



NNLM Reading Club

What is the NNLM Reading Club?

The NNLM Reading Club is a selection of "ready-to-use" fiction and nonfiction book titles along with free and downloadable materials designed to help libraries support health literacy and their communities' health information needs by celebrating important [National Health Observances](#) through the fun and intimacy of a book club.

How are books selected?

Books reference a health topic in support of the [National Health Observances](#) calendar and are selected based upon the following criteria:

- Award-winning book or author and/or national best seller
- Consistently positive reviews
- Recent publication (< 5 years), unless the title is a classic
- Title available in another format such as audio, e-book, or large print
- Publicly-available discussion guides

What materials are available to download?

NNLM Reading Club Feature Topic Guide

FAMILY HEALTH HISTORY



Incorporate these books into your library reading program and guide the conversation toward understanding the importance of knowing your family health history using [free](#) health information resources from

NNLM All of Us Reading Club

Programming Librarian

PROGRAMMING Librarian

A website of the American Library Association Public Programs Office

[Browse Ideas](#)
[News](#)
[Blogs](#)
[Program Models](#)
[Learning](#)
[About](#)

Topic Health and Wellness


REFINE BY:

Budget - Any - Library Type - Any - Age - Any -

Leave this field blank

Have a great program idea from your library? Share it with us.


SHARE YOUR PROGRAM



Learn to Skateboard: Partnering for Health and Exercise

Blog by Colleen Whittall


Teen librarian Colleen Whittall takes her teens to the skate park — with nary a book in sight.



Events & Celebrations

in News


Check out this list of monthly events and celebrations to help with your program planning.



Libraries Help Each Other Address Food Insecurity through Programming

Blog by Noah Lenstra


These two library programs help fill patrons' heads, bellies and hearts.



Read to Swim

in Program Models


A rural public library in Canada's Yukon territory partnered with a local pool to get kids reading and swimming over summer break.



A Range of Ages: Mixed-Age Play at the Library

Blog by Jenn Carson


Mingling different age groups enables kids to learn from one another in new ways.



Pumpkin Carving & Seed Saving Extravaganza

in Program Models


A western Massachusetts library had 300 people attend



The Cooperative Extension System: Your Library's Go-To Partner for Gardening, Nutrition, and Healthy Living Programming

Programming Librarian Health and Wellness programs

Collaborate



Search the

Catalog

 by

Keyword

Browse
 E-Library
 En español
 Events
 Catalog

Library Nurse





Through a partnership with the [Pima County Health Department](#), a team of public health nurses make rounds in our libraries providing basic health services. One public health nurse works in the Library full-time.

[Schedule of Public Health Nurse visits](#)

The nurses help make the library a welcoming and safe place for everyone and improve the physical and mental health of our customers. Nurses provide much-needed services, such as:

- Nursing assessment
- Case management
- Nutrition and health education
- Resource information
- Blood pressure screenings
- Referrals
- Outreach

The library nurse program was nationally recognized as a [2013 Top Innovator](#) by the Urban Libraries Council, and received the [2014 American Public Health Association's Lillian Wald Service Award](#). In 2015, two of the County's Public Health Nurses were recognized as [Tucson's Fabulous 50 Nurses](#).

Upcoming Events




Community Conversations

A CONVERSATIONAL APPROACH TO ALZHEIMER'S & DEMENTIA LED BY NATIONAL ADVOCATE

Lori La Bey, Alzheimer's Speaks

Mar

7

Community Convo w/ Alzheimer's Speaks F...
 Mar 7 - Mar 8 · Westchester Public Library · Chesterton, IN
 Health

★ Interested

NLM Traveling Exhibits

The screenshot displays the NLM Traveling Exhibition Program website. The top navigation bar includes links for HOME, EXHIBITION, EDUCATION, DIGITAL GALLERY, CREDITS, and TRAVELING INFO. A prominent orange 'EXHIBITION PROGRAM' button is visible. The main content area features a large, colorful illustration of a woman's face with large, expressive eyes. To the left of the face is a pink speech bubble with the text 'GRAPHIC MEDICINE' and 'ILL-CONCEIVED & WELL-DRAWN!'. Below this, a small comic book panel is shown with the text 'BRIAN PIES' and 'MOM CAN'. To the right of the face is another comic book panel with the text '10:12 A.M. EXACTLY. MARISA, THIS IS DR. MILLS. THERE IS AN ABNORMALITY. MY WORLD CAME TO AN END.' Below the illustration, a yellow banner contains the text 'NLM Traveling Exhibition Program' in blue. To the right of the banner, a black text box contains the definition: 'Graphic medicine is the use of comics to tell personal stories of illness and health.' The bottom of the page features a red navigation bar with links for EXPLORE, MORE EXHIBITIONS, and MORE EDUCATIONAL RESOURCES. A small footer text reads 'Explore educational resources inspired by the Harry'.

HOME | EXHIBITION | EDUCATION | DIGITAL GALLERY | CREDITS | TRAVELING INFO

EXHIBITION PROGRAM

U.S. National Library of Medicine

EXHIBITION HOME | EXHIBITION COLLECTION | EDUCATION RESOURCES | TRAVELING EXHIBITION

GRAPHIC MEDICINE ILL-CONCEIVED & WELL-DRAWN!

BRIAN PIES

MOM CAN

10:12 A.M. EXACTLY. MARISA, THIS IS DR. MILLS. THERE IS AN ABNORMALITY. MY WORLD CAME TO AN END.

[NLM Traveling Exhibition Program](#)

Graphic medicine is the use of comics to tell personal stories of illness and health.

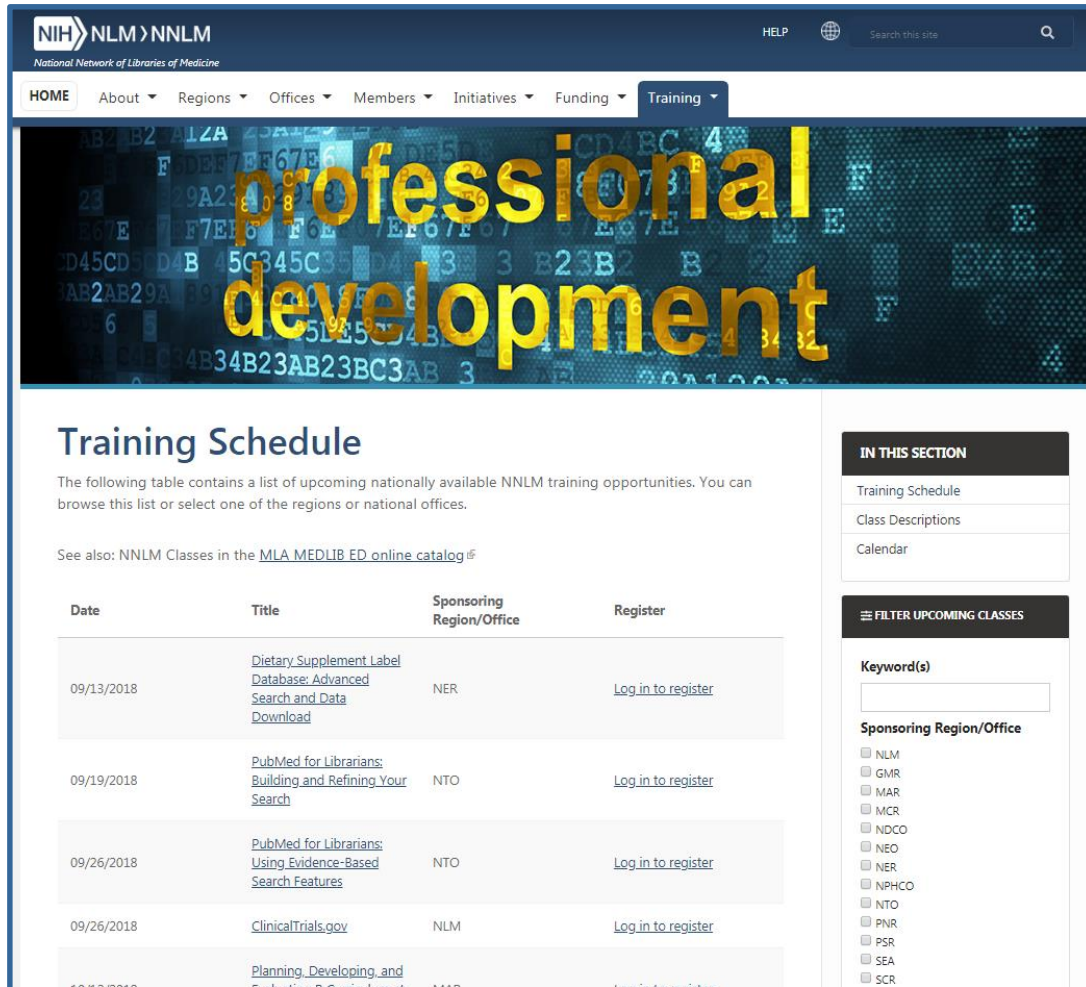
EXPLORE | MORE EXHIBITIONS | MORE EDUCATIONAL RESOURCES

Explore educational resources inspired by the Harry

Professional Development

CLASSES, WEBINARS, WEBSITES...


Learn more...



professional development

Training Schedule

The following table contains a list of upcoming nationally available NNLM training opportunities. You can browse this list or select one of the regions or national offices.

See also: NNLM Classes in the [MLA MEDLIB ED online catalog](#) 

Date	Title	Sponsoring Region/Office	Register
09/13/2018	Dietary Supplement Label Database: Advanced Search and Data Download	NER	Log in to register
09/19/2018	PubMed for Librarians: Building and Refining Your Search	NTO	Log in to register
09/26/2018	PubMed for Librarians: Using Evidence-Based Search Features	NTO	Log in to register
09/26/2018	ClinicalTrials.gov	NLM	Log in to register
10/02/2018	Planning, Developing, and Evaluating a Curriculum	MAR	Log in to register

IN THIS SECTION

- [Training Schedule](#)
- [Class Descriptions](#)
- [Calendar](#)

FILTER UPCOMING CLASSES

Keyword(s)

Sponsoring Region/Office

- ☐ NLM
- ☐ GMR
- ☐ MAR
- ☐ MCR
- ☐ NDCC
- ☐ NEO
- ☐ NER
- ☐ NPHCO
- ☐ NTO
- ☐ PNR
- ☐ PSR
- ☐ SEA
- ☐ SCR

Webinars and Online (synchronous and asynchronous)

- NNLM Resource Picks (NLM resources)
- Substance Use Disorder Webinar Series
- Will Duct Tape Cure My Warts (complementary/alternative medicine)

On Demand Classes:

- EvalBasics (evaluation)
- Grants and Proposal Writing
- Serving Diverse Communities (cultural competency)

[NNLM Training Schedule](#)

NNLM and PLA Partnership

PROMOTING HEALTHY COMMUNITIES

a health information and health literacy initiative

NIH NLM > NNLM



Stand Up for Health

Health and Wellness Services for Your Community




Consumer Health Information Specialization (CHIS)



- *Stand Up for Health* qualifies for level 1
- Good for 3 years
- Builds skills and knowledge in providing consumer health services
- Improves patrons' confidence in staff knowledge
- Improves health literacy and health knowledge of their communities

[Consumer Health Information Specialization](#)

Keeping updated




PublicLibrary
ASSOCIATION

A DIVISION OF THE AMERICAN LIBRARY ASSOCIATION

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search


PLA Health Interest Group SETTINGS

 [PLA \(Public Library Association\)](#)

[Community Home](#) [Discussion](#) 61 [Library](#) 0 [Events](#) 0 [Members](#) 65


#PublicLibraryAssociation(PLA)
#PLA

Latest Discussion Posts ADD



Wildfire protections
By: [Leighann Wood](#), 15 days ago

Some of you may be in the west where wildfires are growing rapidly. The CDC has information on how to protect yourself from wildfire smoke and ash, how to check air quality and devices to use to protect your lungs. Additional information can be found ...



Backpack giveaways
By: [Stephanie Smith](#), 15 days ago

Announcements

August PLA Health Initiative newsletter
By: [Laurence Deutsch](#), 8 days ago

The August issue of the PLA Health Initiative e-newsletter is now available online. If you aren't already receiving this newsletter, please visit the PLA Opt-In Manager at https://ala.informz.net/ala/pages/PLA_Opt_In_Manager and check the box marked 'Health Initiative Newsletter.'

[August PLA Health Initiative newsletter](#)

Healthy Community Tools for Public Libraries

Provided by the Public Library Association

Newsletters | Initiatives | Today's Health News

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Public libraries are critical to our nation's health.

All Americans need access to current, reliable health information, especially as we navigate complex issues like health care, insurance and aging. Public libraries are a go-to resource throughout this journey.

This website, a project of the National Network of Libraries of Medicine (NNLM) and the Public Library Association (PLA), brings together a host of resources to help public libraries better serve their patrons' health needs.

Latest Resources

Tools, program ideas and primers to help public libraries get the information and inspiration they need.

[Libraries are Champions of Health Communities \(Facebook Group\)](#)

[ALA Libraries Transform Health Literacy Toolkit](#)

Latest Trainings

The National Network of Libraries of Medicine and its Regional Medical Libraries offer live and online educational experiences for health professionals, medical librarians, public librarians and others. The courses below are those most relevant to public librarians.

Healthy Community Tools for Public Libraries

In addition...

Blogs, Lists, & Bulletins

- [Dragonfly](#) (PNR blog)
- [Bringing Health Information to the Community](#) (BHIC blog)
- [HLIB-NW Discussion List](#)
- [MedLib-L Discussion List](#)
- [NLM Technical Bulletin](#)
- PNR News (subscribe to PNR's official email [announcements](#))

My MedlinePlus Weekly Newsletter



Bringing Health Information to the Community

Sharing health information resources, news, and issues affecting communities

Weekly Digest: October 9, 2018

In the Dragonfly:

[Announcing NNLM PNR funding support to attend ALA Midwinter preconference on Health Equity and Health Literacy](#)

The ALA Office for Diversity, Literacy and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy. The ALA Office for Diversity, Literacy and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy. The ALA Office for Diversity, Literacy and Outreach Services, the Public Library Association, and the National Network of Libraries of Medicine have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy. Thank Washington are eligible for a [Professional Development Award](#) to attend the preconference. [Read more of this post.](#)

[October is Health Literacy Month!](#)

It's October – Health Literacy month. We've still much work ahead to improve how we deliver actionable health information for the nine that low health literacy has real-world consequences, since it's well documented that individuals with low health literacy suffer poorer health which makes addressing this persistent challenge so compelling. [Read the post](#)

Educational Opportunities:

In the Shoes of a Fellow: The National Library of Medicine's Associate Fellowship Program: The National Library of Medicine component. The program is designed to provide a broad foundation in health sciences information services, and to prepare librarians for will discuss the organization of the program, her experiences as an Associate Fellow, and some of the projects she and other fellows will

Health Literacy Toolkit from Libraries Transform

Because Libraries are Partners in a Healthy Community, NNLM and ALA have partnered through the Libraries Transform public awareness campaign to create a free toolkit for Health Literacy.

[Learn More!](#)

Pacific Northwest Region

New Funding Opportunities Coming Soon!

FYI—late breaking news: Another round of

Upcoming Classes

Interested in [training opportunities](#) from the National Network of Libraries of Medicine? Here are just a few of our upcoming classes:

TUESDAY, OCTOBER 23, 2018

- [NER Update 2018](#)

THURSDAY, OCTOBER 25, 2018

Join us for PNR Rendezvous!

OCTOBER 17 AT 1:00PM PT

[PNR Rendezvous](#) is a monthly webinar series presented by the National Network of Libraries of Medicine Pacific Northwest Region.

Our next Rendezvous is Oct 17th: "[In the Shoes of a Fellow: The National Library of Medicine's Associate Fellowship Program](#)"

Thank You!



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